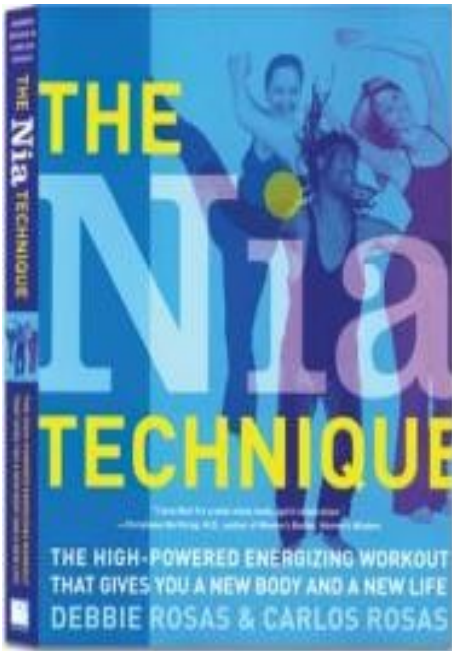


## NIA TECHNIQUE - THE NIA TECHNIQUE BOOK



The Nia Technique: The High-Powered Energizing Workout That Gives You a New Body and a New Life. In this energizing book, authors and Nia creators Debbie Rosas and Carlos Rosas present “The Classic Nia Workout” and “The Athletic Nia Workout,” providing basic Nia moves that readers can perform right at home, adapting them to their own form of self-expression. With easy-to-follow instructions, black-and-white photographs, and stories of people whose lives have been transformed through Nia, the authors describe in depth not only how to do Nia, but also why.

### **N i a Technique | LaLeila Rohner**

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